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For Immediate Release

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### **Solving the Puzzle of the Teenage Brain**

Sometimes it can seem like teenagers are a mystery. Why do they act and think like they do? And likewise, adult reasoning can be hard to grasp for teenagers. One answer to this age-old question lies in the human brain.

On Tuesday, October 28, 7 – 9 pm, in the Zion-Benton Township High School South cafeteria, these and other questions about the teenage brain will be answered. Come learn why teens think differently than adults and learn how to help shape a healthy brain! Z-BTHS is located on the corner of 21<sup>st</sup> Street and Kenosha Road in Zion.

The presentation will be given by Dr. Aaron M. White, a nationally known expert on adolescent brain development and the effects of drug use on the brain. Dr. White, from Duke University Medical Center, has appeared on national television and in educational videos. In addition, his research has been discussed in USA Today, Discover magazine and on CNN. The first hour of Dr. White's presentation at Z-BTHS will focus on brain development and how alcohol and other drugs affect the teenage brain. Following a break, there will be a discussion session in which audience members can ask questions.

-More-

## Solving the Puzzle

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The program is free for all pre-teens, teens, parents, and professionals. For more information contact Communities CAN Make A Difference at 847/731-2658. Communities CAN Make A Difference is a partnership between the Lake County Health Department / Community Health Center and the Coalition for Healthy Communities.

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